



True Natural Abundance © Carrie Triffet 2021

**Written Transcript of video lesson four:
YOU ARE HARDWIRED FOR DIVINE ALIGNMENT**

First off, what exactly is divine alignment?

We'll get into the specific details of what divine alignment consists of, and why, in this lesson. But this discussion will ultimately be all about electromagnetic frequency. Because that's what it's really all about. The very most consistently high, beautiful frequencies we can experience, are when we're aligned with divine truth, in our thoughts and intentions and actions. And actually, it feels incredibly good, to be aligned with divine truth. Because it's our natural state—it's where we're supposed to be. It's who we really are.

So that's the ideal that we're aspiring to, here. To be as aligned as we can possibly be, with divine truth. To be aligned with our own highest, most natural state. Our own highest, most natural self. And that's our goal, because, as we've already seen, divine alignment is a major prerequisite for getting into flow and staying in flow. In some ways, I guess you could say it includes all the other prerequisites within it.

So what qualifies as intentionally aligning ourselves with the divine? Well, If we're really trying to get deeply into the flow, then intentional alignment means we're actively trying to emulate the behaviors, or the beingness, of a Christed one--somebody who is fully awakened to their own divine nature. Because that Christed person is effortlessly aligned with universal law. Their entire being has become a seamless expression of natural, universal law. And that person's ordinary self has merged completely into the God-self.

The ordinary self hasn't disappeared, so much as it's been overtaken and repurposed, within the greater divine self. So, most importantly for our discussion here: How do we kind of emulate that God-self state of being, even though we're still operating out of our ordinary personality self?

Well, as one way of doing that, you could have a daily practice of silently blessing everyone you see, for instance. Because that Christed state, or the God-self state, whatever you prefer to call it--it's a constant blessing upon all beings. That's one of the automatic functions of its identity. So, a Christed person, throughout their mind, body and energetic field, they are the embodiment of a frequency that emits constant automatic blessings. Even if they, the person, are busy doing something else entirely, mowing the lawn or whatever. Their divine frequency is still endlessly blessing all. It couldn't do otherwise, because constant automatic blessing is what it IS.

So for you or me, obviously none of that blessing would be automatic. Our current frequency level does not exactly transmit endless blessing. Our current frequency level transmits the opposite. So to emulate that state of Christed beingness, we would have to consciously, deliberately, take an action that mimics that Christed behavior. We have to actively choose to bless, instead of doing what we most often do—which is to habitually, unconsciously condemn.

And by that I mean: In our ordinary, business-as-usual mode, we tend to fight divine alignment -- basically through the habitual embracing of fear, and lack, and of course separation, in all its many forms. All of that activity delivers the unconscious condemnation of self and others—energetically speaking.

So really all we're trying to do here, is to stop actively fighting against our own divine alignment. So that's the real value of this kind of exercise: Even though our effort to transmit blessings is a pale copy of the real thing, that doesn't matter so much. What matters is that we're releasing the fight against, and letting ourselves be carried instead into the powerful energetic slipstream of divine flow, which is always happening. Always flowing, with or without us.

So, what are some other examples of daily practices that you can use to bring yourself into divine alignment. Well, you could make a practice of responding compassionately toward those in need, whether you like their politics or not. Which I guess is another way of saying, Love your enemies. That's always a biggie.

Or you could adopt a practice of being massively grateful to all that is. No matter what anything looks like. Just being grateful for all that you are. Because, again, unlimited gratitude to all that is, is one of the characteristics of Christed beingness.

So basically, all of these kinds of elevated activity that we're talking about here, and many others that we haven't talked about yet--they all put you temporarily closer to divine truth. They put you closer to the truth of who and what you really are. Even though it's all just an exercise, as far as you're concerned. Just practicing. Even so, it puts you into that zone of divine alignment, to some degree. Even though it's temporary and only partial.

So these little exercises to align ourselves with the divine, they're great. They'll let you touch into the flow of natural abundance. But they, in and of themselves, won't keep you solidly in that sacred flow.

What they will do, is help you sharpen your awareness of the difference between how it feels to be IN alignment, which feels great, by the way, in the mind, body and energetic field...and how it feels being OUT of alignment, which doesn't. It doesn't feel good at all, in fact. And when we get really clear on the difference between those two polar opposites, it gets progressively easier to recognize in the moment where it matters, that you have a choice, here. And then from there, you can teach yourself to choose alignment.

Once again...because alignment with the divine *is* our natural state, all of that very aligned activity that we're talking about here, feels so fantastic to us, in our mind and body, as well as in our spirit. And our energetic field. We feel expansive, and light, and free and easy. And joyful, and peaceful, and centered. Grounded. Balanced. Not worried or anxious or stressed about anything. It's a state that, once we realize what it takes to be in it, we're motivated. We want to return to it as often as possible. By choosing it, over and over again.

Ultimately, staying in the flow of true natural abundance is really all about learning how to consistently choose to stay there. Moment by moment. That's the real practice. And the real journey. And it probably sounds like A JOB, to the personality self. A thankless task. But in truth there are very yummy little rewards all along the path. Overall, it's way better than the path most of us are currently on. Honestly.

So, anyway. Back to being in alignment, vs being out of alignment: It does indeed feel amazing in mind, body and spirit, when we're in alignment. But the opposite effect also holds true, of course, in those times when we're out of alignment. That state of being is the pits. Literally. When we're being jealous, or suspicious, or greedy, or vengeful, spiteful, judgmental. Whatever it happens to be. All of this kind of behavior lives at a vastly lower frequency. And when you're in it, it's really unpleasant, right? Uncomfortable throughout your whole mind, body and energetic field. The mind and body contracts. The heart closes. The stress level goes up, and the cycle of negative thinking becomes relentless.

Because it's such a familiar state to find ourselves in, we tend not to even really realize just how uncomfortable, in mind, body and spirit, it is, to be mis-aligned with divine truth.

So... this is why I say that we're actually hardwired to seek out experiences, and behave in such a way, as to be in alignment, with divine truth at all times. That's how we're constructed. It's just that we haven't fully realized that, most of us. We haven't been trained to notice that, at our core, we each hold a potent spark of pure divine light. And that spark of divinity has a massive gravitational pull on each one of us. A magnetic force, that not only pulls constantly on our mind, it also pulls on every cell of our body, and every bit of our energetic field. It pulls on our spirit. And it's a pull that we are unable to ignore. It's a pull toward abundant goodness, and away from its opposite.

And when we say yes to that pull—and by that I mean saying yes with the whole mind, body and energetic field--there is a kind of deep inner stillness that happens. Even though our mind and body may still be busy doing things outwardly. It's not the kind of stillness that requires meditation or special postures, in other words.

When we sink in and just rest awhile, within our own divine spark at the center of our being, we kind of temporarily melt into the natural stillness that is one of its divine hallmarks. And that sense of inner quietude, instantly pervades our daily life in that moment. Which feels fantastic. So that's yet another of the amazing benefits, that comes of divine alignment. And yet another powerful reason why you could say we're designed to want to seek it out. Instead of us just endlessly putting up with how it feels to be out of alignment.

So, in light of all this, it could be argued that human beings really only have two basic states of being: In alignment, or out of alignment, with our own individual core spark of divinity. If you're looking at it in this way, you can see how simple the human condition actually is. You really could very simply lump rage, jealousy, anxiety, judgment, greed, depression, hopelessness, self-

righteousness, all of it, all of those myriad stressful, unhappy states, into the one single stressful, unhappy state of being out of electromagnetic alignment with your own infinite identity. Pulling against the sublime gravitational force of who and what you really are.

Incredibly simple, isn't it.

And obviously, the same goes for all the positive states that we experience as being desirable or good. Joy, lightheartedness, bliss, love, generosity, freedom, peace, and on and on. These are what we experience in all parts of our mind, body, spirit and energy field, as we line up with, or sink into, or swim in the same direction as, the divine.

Firstly, we feel the immense RELIEF of not having to fight the unwinnable gravitational battle against our source--at least for this particular moment. And It feels so incredibly good. Not only because of the relief, but because you're also getting a little taste of the tremendous beauty, of how it feels to be in harmony with the magnificent attributes of the divine.

So although I gave you some very lofty, very Christ-y examples, before, of behaviors that are super-aligned with the divine, like loving your enemies, and whatnot, you can also approach that state of divine flow with lesser behaviors that are sorta-kinda aligned. Behaviors that are just flowing in the same general direction as the divine. Things like, surprising a loved one with something that will make their eyes light up, just because. Or doing something nice for a stranger.

Any little acts of thoughtfulness. Or kindness. You know? Being patient with that person behind the counter who is clearly having a bad day. We're talking about those small human things that we're all capable of, which can make somebody else's day a little better. All of it lifts your frequency. And all of it counts.

Because divine alignment, just to recap, is basically thinking/being/doing, and feeling, along the general lines of how the universe operates. How your Source operates. And your Source operates in love. And in endless generosity. And endless expansiveness. And eternal stillness. So being in alignment isn't particularly about being spiritual, per se. It's more about trying to emulate, or at least not run counter to, the natural attributes of the divine. Which are the natural attributes of universal law.

Here's a little list for you, of some of those natural attributes:

Love.

Caring for others.

Spontaneous giving, and unselfishness in general.

Recognizing the one divine truth in all beings. No separation, in other words.

Fearless trust in your Source.

Laughter and joy.

And very important, here, is one of the biggest keys to all of this: The attribute of divine neutrality.

No judgment, in other words. Because the universe is neutral. Love is neutral. It holds no opinions.

Always.

So for us, divine neutrality translates as clearly seeing the things you don't like (or that you do like), but neither embracing nor rejecting them. Just letting them be as they are, without you getting entangled at a personality level. Because whenever you get entangled, either in resisting what you don't want, or chasing after what you do want—neither of which activities are in alignment--you stop the flow. So divine neutrality is huge.

And finally, there's one more massively important key. This one is not so much an attribute of how the universe behaves, as it's an attribute hardwired into US. And that's gratitude.

I'll explain it this way: A Christed person, every atom of their being, has awakened to its own divinity, and also to the divinity of all that is. Because, part of that God-self state, that Christed state, is the complete recognition of the one seamless, unbroken divine self in all beings. The true divine identity of all that is. And the very natural and immediate response that the Christed person has, to that recognition, is profound gratitude. Constant gratitude, for all that is. And for all that they are.

So gratitude, and also appreciation, which is of course pretty closely related to gratitude. Both of these are incredibly important. They can help us jetpack ourselves directly into universal divine flow, everytime we utilize them. They help us touch into a state firsthand, which actually belongs to a much higher frequency bandwidth than we ourselves can hold at this point. So in a sense, you can think of gratitude and appreciation as incredibly powerful spiritual technologies, with very real and enduring effects. And the mudpie parable points strongly toward this recognition, if you recall.

It was profound gratitude for being shown his own divinity, that moved the little mudpie kid to create, and then sincerely offer his gift to the Buddha. In return for this, he was rewarded (at a much later date) with great wisdom, wealth and power. His little friend, who took no action and gave no

tangible gifts, but was nevertheless overcome with joy and appreciation as he watched from the sidelines, he was reborn as the spouse of the great king. A position of slightly less potency, I guess. But still, showered with magnificent fortune.

So gratitude and appreciation are deeply keyed into the human experience of the divine self. It's impossible to be of that frequency, where you are simultaneously aware of your own divinity, and also aware that your divinity IS the divinity of all that is, and to not be overcome with incredibly profound gratitude. In some ways, gratitude itself, is what you are. And it is part of your seamless transmission of what I refer to as the God broadcast.

So what does this mean for us? Find things to be grateful for. And appreciate the small stuff. Train yourself to enter that state as often as you can. It is very, very much in alignment with the divine flow of true natural abundance.